

Planning for Coronavirus (COVID-19)

Do you have a plan in place to obtain supplies if you are required to self-isolate?

Do you rely on family, friends or carers for assistance who may be unable to help if they are in isolation? (e.g. picking up shopping, attending appointments)

Do you have access to services via the internet which can deliver what you need to you?

Are you able to easily access official information on what to do to protect yourself?

Wicken is a small village with none of its own facilities. It is possible that for a short period of time our normal way of life will be disrupted and your access to supplies and services might become difficult.

The Parish Council has set up a small group of volunteers who can be on hand to assist if you need support. If you have concerns or need help with accessing information then do please call or contact any of the numbers below

Neil Gordon-Lee

Tel: 01908 571387 or 07904 781414
Email: neil@gordonlee.org

John Kime

Tel: 01908 307254 or 07565 830975
Email: johnbkime@hotmail.co.uk

Annie Nicholas

Tel: 01908 571216 or 07971 785411
Email: annienicks@gmail.com

Marcus Rixon

Tel: 01908 260409 or 07778 143020
Email: marcus.p.rixon@btinternet.com

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

What should I do if I feel unwell?



Ring 111 if you are in the UK, do NOT go to a GP surgery, pharmacy or hospital



You may be asked to stay at home



You may be tested for the virus



at hospital



at a drive-thru testing point



at home

For more detailed information visit:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
<https://www.bbc.com/news/health-51048366>

Source of information – Public Health England